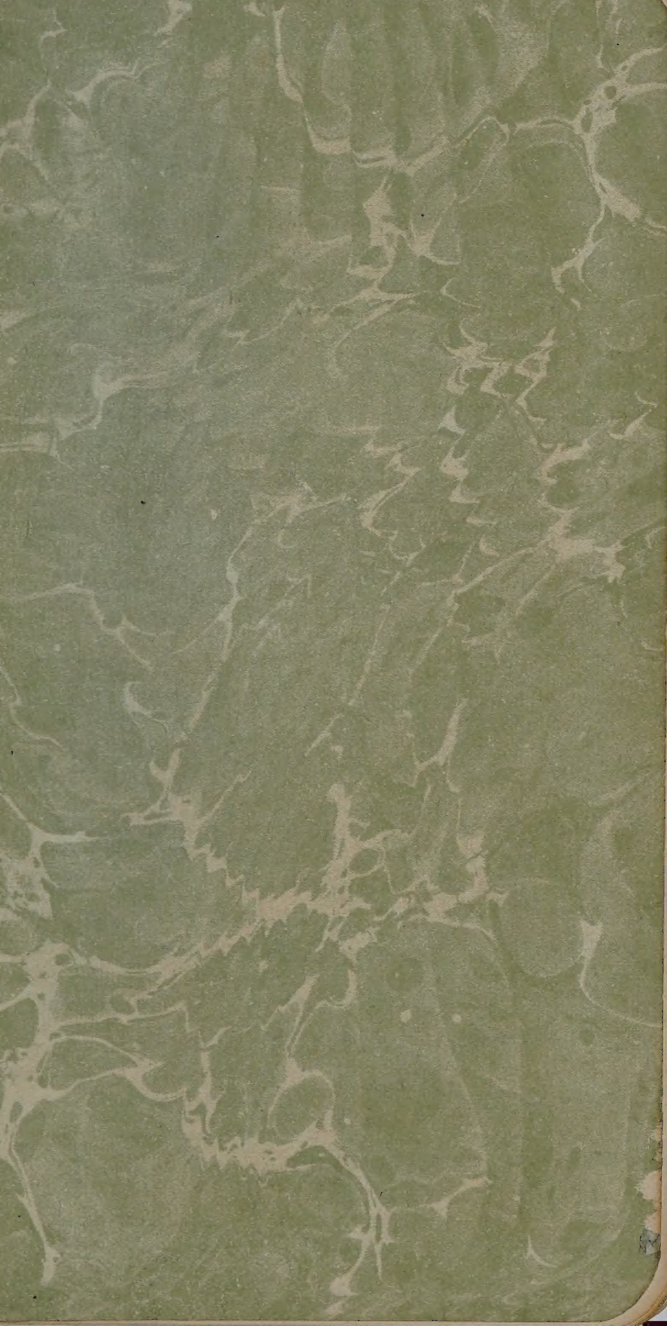


Notes for
Maternity Nurses





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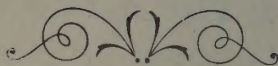
With
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LONDON, E.C.

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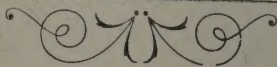
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THE
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See pages 53 to 56.



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Notes for Maternity Nurses.

Signs of Pregnancy.

1. Cessation of menses.
2. Morning sickness (second month).
3. Salivation.
4. Pricking of breasts (second and third months).
5. Enlargement of abdomen during fourth month.
6. Change in the areolæ of the nipples. Discolouration and spreading of areolæ begins towards end of second month. Enlargement of follicles in the areolæ.
7. Quickening during fourth month.

The above are some of the signs of pregnancy which may be recognised by the nurse. To the doctor must be left the more certain signs of Balottement, uterine soufflé, and pulsation of the foetal heart, to determine.

OBSTETRIC TABLE.

The calculation is made from the last day of the last menstrual period. The first line in the table below denotes the last day of the menstrual period, and the second line the date at which the confinement may be expected.

For example : The last day of the menstrual period was January 1st, therefore the confinement may be expected about October 8th.

January	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	January
October	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	November
February	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28				February
November	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5				December
March	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	March
December	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	January
April	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		April
January	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4		February
May	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	May
February	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	1	2	3	4	5	6	7	March
June	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		June
March	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6		April
July	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	July
April	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5	6	7	May
August	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	August
May	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	June
September	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		September
June	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5	6	7		July
October	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	October
July	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	August
November	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		November
August	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6		September
December	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	December
September	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5	6	7	October

Development of the Foetus according to the Lunar Months.

MONTH.	WEEK.	LENGTH.	WEIGHT, ETC.
1st	3rd, 4th week	*4 to 6 lines	20 grains.
2nd	end 8th week	*15 to 18 lines	2 to 5 drachms, head very large, sex not distinguishable.
3rd	end 12th week	2 to 2½ inches	1 to 2 ounces, fingers separated, nails recognisable, sex detected by aid of lens.
4th	end 16th week	5 to 6 inches	2½ to 3 ounces, sex distinguishable by naked eye. Foetus quickens.
5th	end 20th week	10 to 11 inches	7 to 10 ounces.
6th	end 24th week	12 to 13 inches	The length in inches is approximately double the age in months. Movements of foetus generally distinct and marked. 1 to 2 pounds. 3 to 4 pounds. 4 to 5 pounds. 6 to 7 pounds. 7 to 9 pounds.
7th	end 28th week	14 to 15 inches	
8th	end 32nd week	15 to 16 inches	
9th	end 36th week	16 to 18 inches	
	40th week	18 to 20 inches	

*12 lines to inch.

This Table will also be found useful in estimating the age of development of an aborted foetus.

Preparation of the Lying-in Room.

1. General clean out and removal of stuff curtains, clothes, excess of furniture. Beat carpet, scrub floors and all corners and angles.
2. The Bed. Removal of hangings; mattress should be hard, wool and hair preferable, on tense wire springs. No bedding should be used which has been in contact with an infectious case.

Necessaries to be obtained previously by Nurse or Patient.

Absorbent Wool.

Mackintosh Sheet.

Antiseptic Absorbent Sheet.

Towellettes.

Binder, Safety Pins.

Sick Room Thermometer.

Clinical Thermometer.

New hard Nail Brush.

Clinical Chart.

Sublimate or Biniodide of Mercury
Tablets for making Antiseptic
Lotions.

Izal for disinfecting.

Izal Chrismoids.

Izal Medical Soap.

"Allenburys" Liquid Beef.

Requisites for the Nurse.

Douche Can, with glass vaginal tube.

Rubber Enema Syringe.

Boracic Eye Lotion in drop bottle.

Spirit Kettle, Methylated Spirit.

Scissors.

Thread, boiled and bottled.

Gum Elastic or Rubber Catheter
No. 10.

Bedslipper Pan.

Four Binders, 1 yd. wide by $1\frac{1}{2}$ yds.
long.

Brandy.

Cotton Dresses, with sleeves that will
turn up, are an absolute rule for
the nurse.

For Toilet of Infant.

"Allenburys" Baby Soap and

Antiseptic Nursery Powder.

Baby's Bath, soft Sponge and Flannel.

Mackintosh Apron.

Antiseptic Gauze, or clean linen for the
cord.

Infant's Clothes.

Fixed metal frame Cradle, without hangings.

Before Labour.

It should be remembered that it is just as necessary for the nurse to wash and disinfect her hands as for the doctor.

The bowels of the patient should be opened by an aperient, if needful, the day before, and as soon as labour begins, with an enema. It is very necessary, not only for the expedition of the labour, but also for the comfort of both patient and doctor that this should be carefully attended to.

Do not carry vaginal syringes, enemas or catheters from one patient to another, unless absolutely necessary, as in cottage work. The vaginal tubes should be glass, and all rubber piping carefully soaked in Izal solution (a tea-spoonful to a quart of water) for two hours at least before use. It is advisable not to use mercury as it destroys the rubber.

It is very advisable, if there is time, to see that the patient has a thorough bath with some antiseptic; or if labour

has already begun, particular care should be taken to thoroughly wash and disinfect the external parts. Cases of acute blood poisoning ending fatally, it must be remembered, do sometimes occur under apparently the best hygienic conditions, even when no internal examination has ever been made, or vaginal douching ever employed. The only explanation which can be given in such instances is that a virulent micro-organism was present on the external skin, and found its way into the system through a laceration in the vaginal wall or even uterus. The custom of wearing old petticoats, and not paying sufficient attention to the proper disinfection of the external parts, constitutes a real danger to the patient.

There is no reason why the expectant mother should not take baths up to the time of her confinement. Very hot or cold baths are to be deprecated. The temperature of the water should not exceed 100° F. Baths should not be resumed after childbirth until after the third week, and then should be about the same temperature as mentioned above.

During Labour.

The nurse should be watchful that the bladder is properly emptied; it is generally possible at this stage to avoid the passage of a catheter. Linen soiled by involuntary evacuations should be instantly removed, and swabs of cotton wool soaked in biniodide of mercury solution used to disinfect the parts, the nurse remembering always to sponge in a direction away from, and not towards, the vagina.

The patient should be fed at frequent intervals on light nourishing food, such as the "Allenburys" Liquid Beef, which may be given in either cold or hot water. If the case is a prolonged one, it must not be forgotten that the rectum naturally fills, and should be emptied by an enema, particularly in primiparæ.

The patient must be encouraged and kept moving about, without undue fatigue, and not lying the whole time in one position in bed.

If there is any doubt as to the case the doctor should be sent for early, in order that any abnormal presentation may be recognised. It is inexpedient to worry him by undue anxiety, as

he has probably many other duties as pressing as the immediate one. It is a difficult matter to advise upon, and must be left to the discretion and experience of the nurse.

Always have plenty of hot water for the doctor, for his hands and for emergency douches in case of hæmorrhage. A good supply of cold water that has previously been boiled is also requisite.

The nurse who satisfies the doctor is one who is systematic, who has everything ready to hand, and yet does not appear to be in a hurry.

Infant at Birth.

Do not delay the birth of the child to save the perinæum. The cord may be round the neck, and a few minutes' delay may cause the death of the child by asphyxia; a torn perinæum is of far less importance than the loss of the child to the mother.

Artificial Respiration.

If artificial respiration is needed, and slapping is of no avail, draw out the tongue with the crooked finger several times; this is a powerful excitant of

respiration. Artificial respiration, combined with regular drawing out of the tongue, the head well back and the chin up to keep the air passages open, should be tried. If the child is blue or dark, the chances are it will recover, but if pallid and flaccid, there is serious heart failure, and the chance of resuscitation is slight.

AFTER LABOUR.

The Mother.

Give the "Allenburys" Liquid Beef or egg and milk flip. Allow to rest half an hour. After careful washing and bathing with biniodide of mercury lotion, and douching if ordered by the doctor, but only on his order, put on clean clothes, fresh absorbent square, and clean sheets when required. Put on binder, the position of the binder to be well down over the hips; it is often necessary to put a big pad over the uterus to get pressure. Move the patient as little as possible and do everything to favour rest.

Food.

Gruel, milk and egg, "Allenburys" Diet (p. 53), "Allenburys" Barley Flour (p. 56), "Allenburys" Liquid Beef (p. 57), mutton and chicken broth, etc., for two days.

After the bowels have been moved, and the patient's temperature is normal, on the second or third day add fish, sweetbread and lamb cutlets, still giving plenty of milk gruel made from the "Allenburys" Diet or "Allenburys" Barley Flour.

If milk is scanty, and the patient weak and anæmic, give the "Allenburys" Diet (p. 53), or the "Allenburys" Liquid Beef (p. 57) freely, with plenty of milk and good nourishing food.

The nurse is the lieutenant of the doctor; she should watch the lochia, the temperature, note any indication of abnormal pains in the stomach or joints; keep a careful watch over the breasts and nipples, at once advising him of anything wrong before she tries any remedies of her own devising, however experienced she may be.

The milk should flow freely after the second day. A sudden stoppage points to septic infection. A rapid pulse is indicative of septic trouble. The stain of healthy lochia should be red in the centre and fade towards the edge. Putrid lochia gives a stain redder towards a clearly defined edge.

After-pains are often relieved by expressing clots from the uterus by the hand externally. Distrust the condition of a patient who thinks herself well, looks ill, sleeps badly, and has a high temperature. This generally means severe septic infection.

The Rooms after Labour.

The rooms should be kept cool, well aired, and as empty as possible.

No food should be allowed to remain in the room. Sunshine is beneficial, darkness induces melancholy and favours the growth of germs. It is too often the custom of nurses to keep the room absolutely dark and airless. This, however, does not necessarily imply rest of mind and body, and there is much to be said against it. Assuming that the room has been efficiently cleaned before labour, it will not be advisable to raise unnecessary dust and risk infecting the patient by sweeping the floors. It is better that everything should be wiped over with a cloth damped with a harmless disinfectant, such as Izal solution (a tea-spoonful to a quart of water).

Breast Feeding.

The child should be put to the breast soon after labour, as this excites contraction of the uterus, and so lessens the risk of hæmorrhage.

In breast feeding the nurse cannot be too careful of the state of the nipples. Cracks should be painted according to the doctor's orders. It is rare that the infant will overload itself with milk, but as this sometimes happens and the child is sick, slight pinching of the nipple by the mother will prevent the milk flowing too freely. Far more frequent is it that there is not enough milk; the paucity of milk can best be judged by the weight of the child, and if the latter is losing weight, other things being normal, it is best to supplement the breast with the "Allenburys" Milk Food No. 1. This may be given alternately with the breast without fear of upsetting the child's digestion.

Weighing.

It cannot be too strongly insisted on that weekly or even bi-weekly weighing is of the utmost importance. A table is supplied by which a curve may be registered. The average gain, from

4 to 8 ounces per week, is signified on the chart. A spring balance, marking ounces, with a specially made cradle is the best machine to use, but failing that, an accurate set of kitchen scales with a large pan may be employed. It is of importance to weigh the child always at the same time of day and in the same clothes, otherwise unforeseen variations will occur to stultify the record.

WEIGHT AND HEIGHT TABLE.

AGE.				WEIGHT.	HEIGHT.
At birth ..	..	..	..	7 lbs.	19 inches
At end of 1 month ..	..	..	..	8 "	20 "
" 2 months ..	..	..	..	9½ "	" "
" 3 "	..	..	..	11 "	23 "
" 4 "	..	..	..	12½ "	" "
" 5 "	..	..	..	14 "	" "
" 6 "	..	..	..	15½ "	26 "
" 7 "	..	..	..	16¾ "	" "
" 8 "	..	..	..	18 "	28 "
" 9 "	..	..	..	19 "	" "
" 10 "	..	..	..	20 "	30 "
" 11 "	..	..	..	21 "	" "
" 12 "	..	..	..	22 "	31 "

The above weights are given on the assumption that the child weighs 7 lbs. at birth, and shows about the normal increase that may be expected in a healthy child.

In the first week of life there is generally but little, if any, increase, and often a slight decrease in weight may take place.

The Table only gives an approximate guide as to increase, for perfectly healthy children vary considerably in development; thus in a family where all the members are large of bone and fully developed, the increase in the child's weight will probably be more rapid than if coming of small-framed parents.

For Specimen Weight Chart see page 85.

General Care of the Infant.

It is not wise nor is it healthy for the infant to sleep with its mother. A firm cot, not a cradle which rocks and makes sick, is the proper thing. It is better without curtains, and the mattress should be of horsehair, protected by a mackintosh sheet covered with an old blanket. Premature children can be wrapped in wool or Gamgee tissue in their cots, and provided with a rubber hot water bottle if necessary.

Cleanliness is all-important. Frequent changing of the napkin when soiled and cleansing of the skin each time is very necessary—how often is this omitted and powder dusted on instead?

Bathing.

The infant should be bathed morning and evening. The temperature of the bath should not exceed 98° F.

The quality of the soap used is all-important. An absolutely pure soap, free from alkali, is the best to use.

The "Allenburys" Baby Soap has been designed to meet the requirements of the nursery, and can be strongly recommended.

Clothing.

Infants' clothing should be warm and light. The long clothes in fashion cramp the free movements of the limbs and are unnecessary. The clothes should only extend a few inches beyond the legs sufficient to protect them. Wrappers of Shetland wool are particularly light, warm, and easy to adjust.

All conscientious nurses attend to the child's mouth after each feed, cleaning out the remaining milk or curd, and occasionally using some antiseptic boric lotion for the mouth, otherwise thrush may come, and the nurse is always surprised. Hence also the necessity for cleansing and protecting the mother's nipples, as well as the bottle if artificially fed.

Management of the Infant.

Regular feeding every two hours during the day until the child is a month old. One or two feeds in the

night-time may be omitted. Regular walks out of doors after the first few days, weather permitting.

Artificial Feeding.

During the first two days give only a little milk with sugar and water, if very fretful. Then "Allenburys" No. 1 Food, mixed in the proportion of half-an-ounce of the dry food to four ounces of water, for the first week. Do not give more than one-and-a-half ounces at a time of mixed liquid food, and this quantity should be given every two hours.

It is very prevalent nowadays for mothers to wean their infants at a very early age, say after the first month, and adopt some artificial food.

A good scientific system of artificial feeding, such as the "Allenburys," with early and proper attention to the addition of fresh pabula—although remarkably successful—should only be adopted when the mother is unable to feed her child.

TIME AND QUANTITY TABLE.

This Table is only given as a general guide. Young infants vary so much in strength and in the amount of food required, that much must be left to the discretion of the mother or nurse.

AGE.	AMOUNT OF EACH FEED.	TOTAL IN 24 HOURS.	NO. OF FEEDS	INTER-VALS.
1st & 2nd week	1 $\frac{1}{4}$ fluid oz.	12 $\frac{1}{2}$ fluid ozs.	10	2 hours
1 month	1 $\frac{3}{4}$ "	17 $\frac{1}{2}$ "	10	2 "
2 months	2 $\frac{1}{2}$ "	20 "	8	2 $\frac{1}{2}$ "
3 months	3 "	21 "	7	3 "
4 & 5 months	4 "	28 "	7	3 "
6 months	5 "	30 "	6	3 $\frac{1}{2}$ "
7 & 8 months	7 "	35 "	5	4 "
10 to 12 months	8 to 10 "	40 to 50 "	5	4 "

A tea-spoonful should measure 1 fluid drachm.

A table-spoonful should measure 4 fluid drachms, or half-an-ounce.

Two table-spoonfuls should measure 8 fluid drachms, or 1 fluid ounce.

Nature of Excretion.

It is necessary for the nurse, for the proper information of the doctor, to recognise small alterations in the infant's motions. When normal they should be yellowish, smooth, consistent and semi-solid in very young infants. There should be no lumps of undigested curd, with the remainder of the stool semi-fluid; the odour should not be particularly offensive, sour, or gaseous, and any variation towards green indicates unaltered bile, and a too rapid passage

of the food through the bowel. It is very important that nurses should at once refer to the medical attendant for advice.

The knowledge of infant feeding requires a large amount of experience. It is very easy for an infant's digestion to go wrong, but it is sometimes a very difficult matter to put it right again, particularly if the indigestion has been persisting for some time.

The Bottle.

The bottle is all-important. Enough milk should be obtained, not too rapidly, and without difficulty. (Feeders with long indiarubber tubes should not be used, but a boat-shaped bottle employed). It is best for the entrance of the air to take place at the opposite end of the bottle to the teat, and for the latter to be made with various shaped holes to suit the sucking powers of the child. The "Allenburys" Feeder meets all these requirements.

"Allenburys" Feeder.

Nurses should not put the teat in their mouths to taste the contents of the bottle. The food should be given

at the body heat, and if the milk is put into the bottle at 100° to 105° F. according to quantity, it will cool itself to the right temperature. An "Allenburys" Thermometer for determining the temperature of the food and bath, etc., is indispensable in the nursery.

The Infant—Relaxed Bowels.

- (1). Due often to the mother taking quantities of aperient.
- (2). Due to abnormal fermentations.

Use enema for mother or give "Byno Cascada."

Give a small dose of castor oil to the infant, and if fed artificially add lime water to the food.

Constipation.

Give the infant half a tea-spoonful of the "Allenburys" Castor Oil with an equal quantity of olive oil. If the child is hand-fed, the addition of a small tea-spoonful of fresh cream or "Bynin," Liquid Malt, to each or every other bottle of food will often suffice. In obstinate constipation give twenty drops

of castor oil with half a tea-spoonful of olive oil every four to six hours until the bowels are relieved, reducing the dose as the bowels act more freely.

Wind.

Two or three grains of bicarbonate of soda in a tea-spoonful of sweetened dill water, or small doses of the "Allenburys" Carminative may be given (p. 66)

Sore Buttocks.

Apply the "Allenburys" Antiseptic Nursery Powder. Attend to the digestion. Do not hesitate at once to inform the doctor, and if necessary, continue to remind him if the infant is not properly digesting its food during the first days and weeks—keep soiled diapers for his inspection and note the number of stools, and whether there is pain after food. Do not wait in the hope that a day or two will put things right, particularly after the tenth day, when the doctor is coming infrequently.

Registration of Birth.

The parents of the child, or the occupiers of the house in which the child is born, are to notify the birth to the registrar of the district within forty-two days of the birth of the child. The birth may also be registered by a person present at the birth, or by a person in charge of the child.

Live Birth.

Legally, the child must be completely born alive. It is not sufficient that it has breathed during birth. It must be proved that the entire child has actually been born into the world in a living state, and the fact of its having breathed is not a conclusive proof thereof. The live birth of a child in England is determined by the pulsations of the heart, and any slight motions of the muscles; in Scotland the child must have cried; also in Germany. Crying is, in fact, the strongest evidence, but not the only.

It is therefore important for the nurse, who is frequently the only witness, to note particularly the above points, and so ascertain whether the child is still-born or not.

Still-born Children.

If the birth was not conducted by a registered practitioner it is allowable for a parent or a person present at the birth to give information that the child was still-born. This will enable it to be buried, but a false declaration brings with it severe penalties.

Infanticide.—Concealment of Birth.

Infanticide, or the murder of a newly-born infant, is, according to English law, tried by the rules which govern the procedure in cases of ordinary murder, with this difference, that the prosecution have to prove that the child was born alive.

Most cases, however, of alleged infanticide, English juries are apt to treat under the lesser offence of concealment of birth. If the body of the

child cannot be found this is the only course available, as proof is not forthcoming that the child was born alive. The offence is considered as a misdemeanour in England.

In Scotland, concealment of pregnancy is a statutory crime, chargeable when the child born is found dead, or not found at all. As long, therefore, as the woman makes known her pregnancy, her motive for doing so is not considered.

COMPARISON OF THERMOMETERS.

To convert Centigrade into Fahrenheit, multiply by 9, divide by 5, and add 32; Fahrenheit into Centigrade, deduct 32, multiply by 5, and divide by 9.

The following are equivalent degrees :

Cent.	Fah.	Cent.	Fah.	Cent.	Fah.
100	212	60	140	20	68
95	203	55	131	15	59
90	194	50	122	10	50
85	185	45	113	5	41
80	176	40	104	Zero	32
75	167	35	95	5	23
70	158	30	86	10	14
65	149	25	77	15	5

Food Preparations

—suitable for—

Infants and Young Children.

Albumen Water.

Take the white of a fresh egg and whip it up in a mug until it is quite free from stringiness. Add to it six ounces of warm water—it must not be too hot, else the albumen will become coagulated—and a pinch of salt. This may be given to young children who digest the proteids of milk badly, and it is an excellent food in acute gastric attacks, being very bland and unirritating. It has been given frequently in typhoid fever with most satisfactory results.

Arrowroot Water.

One tea-spoonful of arrowroot is made into a paste by rubbing it up with a table-spoonful of cold water. A pint of boiling water is added, and the mixture is boiled for five minutes. It is a useful diluent for milk in summer diarrhœa.

Barley Water.

FOR INFANTS.—A tea-spoonful of the “Allenburys” Barley Flour to be mixed with a little cold water to a smooth, thin paste. Then pour on, with constant stirring, one pint and a half of boiling water. Transfer to an enamelled saucepan and boil gently for a few minutes.

Egg and Barley Water.

Prepare barley water as above and add to six ounces the white of a fresh egg, well whipped up. Sweeten with a tea-spoonful of white sugar and add a dessert-spoonful of fresh cream; mix well and strain through muslin.

Beef or Raw Meat Juice.

Raw meat juice should be prepared by mincing finely the best rump steak and adding an equal quantity of pure cold water—*e.g.*, one ounce of minced meat to one ounce of cold water. This should be well stirred together, and allowed to soak for half-an-hour in a warm place. The juice should then be forcibly expressed through muslin by twisting it. The temperature of the

meat juice must never be above luke-warm, and it should not be kept for more than eight or ten hours. This is the best material for supplying proteid to the food of children. One tea-spoonful may be added to the bottle of food.

Oatmeal Water.

Stir one table-spoonful of fine oatmeal into one pint of boiling water, cover, and allow it to simmer for one hour, with occasional stirring. Keep the quantity up to one pint by replacing the water as it evaporates. Strain through muslin. May be used as a diluent instead of barley water when the child has a tendency to constipation, or when the motions become lumpy.

Rice Water.

A large table-spoonful of rice is added to one quart of water and kept at a tepid heat for two hours. At the end of this time, boil slowly for one hour, and strain. In cases of looseness of the bowels it is a useful diluent of milk.

Whey.

To one pint of fresh, luke-warm cow's milk is added two tea-spoonfuls of the

“Allenburys” Essence of Rennet. It is stirred for a few seconds and then allowed to stand until firmly coagulated. The curd is then finely broken up with a fork, and the whey or watery portion is strained off through muslin. It is not desirable to boil whey, as boiling precipitates the lactalbumin.



Useful Recipes for the Sick Room.

Raw Eggs—how to use.

The egg should be well beaten, but not to froth; strain.

1. Mix with a breakfast-cupful of tea, coffee, or cocoa.
2. Mix with half-a-pint of milk, sweeten and flavour, or add brandy to taste.
3. Mix with an equal quantity of cream, and sweeten; for adding to stewed fruits, porridge, bread and milk, or any form of milk pudding.
4. Mix with beef tea, soups and gravies; season with pepper and salt.
5. Mix with an equal quantity of milk, and sweeten, and take with soda, potash water, or lemonade.
6. Mix with a wine-glassful of good port or sherry wine, sweeten, and flavour with nutmeg, then add a quarter of a pint of hot water.

- (7) To an unbeaten egg add pepper, salt, and vinegar, and take as an oyster.

NOTE.—Eggs should not be added to the various foods, etc., at a higher temperature than 160° F., or when they can be borne by sips in the mouth.

To Cook an Egg.

Boil a pint of water in a saucepan, then put in the egg, and at once withdraw from the fire. In ten or twelve minutes the egg will be lightly cooked.

Use a pint and a half of water for two or three eggs; one quart for four or five eggs.

Milk Gruel.

A heaped table-spoonful of the "Allenburys" Barley Flour to be mixed with a little cold water to a smooth, thin paste. Then pour on half-a-pint of boiling milk, or milk and water, with constant stirring. Transfer to an enamelled saucepan and boil gently for a few minutes, stirring all the time to prevent burning. Add sugar or salt, as preferred, and flavour if desired.

Barley Water.

FOR ADULTS.—A dessert-spoonful of the “Allenburys” Barley Flour to be mixed with a little cold water to a smooth, thin paste. Then pour on, with constant stirring, one pint and a half of boiling water. Transfer to an enamelled saucepan and boil gently for a few minutes. Add sugar, and flavour with lemon peel if desired.

Blanc Mange.

Two table-spoonfuls of the “Allenburys” Barley Flour to be mixed with a little milk to a smooth, thin paste. Then dissolve half-an-ounce of genuine isinglass in one pint of boiling milk. Mix with constant stirring, transfer to an enamelled saucepan and boil gently for a few minutes. Sweeten and flavour to taste, and pour into a wetted mould to cool.

Custard Pudding.

Take two table-spoonfuls of the “Allenburys” Barley Flour and mix with a little cold milk to a smooth, thin paste. Then pour on a pint of boiling milk with constant stirring. Add half-an-ounce, or more, of sugar,

transfer to an enamelled saucepan and boil for a few minutes. Take from the fire and when somewhat cooled, add a well-beaten egg, and bake the pudding for ten or fifteen minutes in a slow oven.

Jelly Custard.

Add two well-beaten eggs to a pint of milk; sweeten, and flavour with vanilla, nutmeg, or lemon, to taste; place in a jug in a saucepan of boiling water and stir over the fire until it begins to thicken, then add an ounce of isinglass previously dissolved in a quarter of a pint of water. Pour into a mould and stand on ice or in a cold place. Serve with preserve or fruit syrup.

Junket.

Heat a pint of new milk until it is just warm (100° F.), then add two tea-spoonfuls of the "Allenburys" Essence of Rennet, mix thoroughly, pour into a glass dish and set aside in a warm place until firmly coagulated. The milk can be sweetened and flavoured with vanilla, sherry, or brandy, to taste, before adding the

rennet. Clotted cream or custard sauce may be added, when served, if desired.

Bread Pudding.

Cut the rind of half a lemon very thinly and boil it in one pint of milk. Strain, and add four ounces of bread crumbs, a table-spoonful of powdered white sugar, and two ounces of raisins, stoned and chopped, or preserved cherries, a little grated nutmeg, and a well-beaten egg. Mix thoroughly and let it stand for an hour. Then put into a buttered pie-dish and bake gently for an hour and a half. Serve with custard sauce or cream.

Ground Rice Soufflé.

Mix three dessert-spoonfuls of ground rice with three table-spoonfuls of milk to a smooth paste, then add a pint of milk and boil in an enamelled saucepan. Separate the yolks from the whites of two eggs, beat the yolks in a basin and mix with the boiled milk and rice, sweeten, and add vanilla essence, to taste. Whisk the whites of the eggs to a stiff froth. Put all into a buttered pie-dish and bake in a slow oven for about twenty minutes.

Savoury Pudding.

Beat two eggs lightly, mix them with two ounces of cream and half-a-pint of milk, season with pepper and salt, pour into a buttered mould and steam until set. Turn out and serve with thick, rich, brown gravy.

Les Pois de France.

Mix well together half-a-pint of freshly-shelled peas, two well-beaten eggs, one ounce of butter, one tablespoonful of minced ham, one tablespoonful of flour, a quarter of a pint of milk, and season with pepper and salt. Put into a buttered mould and steam for two hours.

The tops of asparagus shoots may be used in place of peas.

Asparagus.

Trim the shoots to about four inches in length, place them upright in a jar nearly filled with boiling water, leaving about an inch and a half of the shoots out of the water. Put the jar in a deep saucepan of boiling water and cover with lid. Boil for about three quarters of an hour. Serve with the

following sauce: one ounce of butter, the beaten yolk of one egg, and salt to taste; stir in an enamelled saucepan over the fire for three minutes, do not boil; lastly, add two table-spoonfuls of cream.

Beef Tea.

Take one pound of the round of beef, remove all skin and fat, and pass the lean through a mincing machine, then put it into a jar with half-a-pint of cold water in which half a tea-spoonful of salt has been dissolved. Allow to stand all night and next morning strain off with pressure as much liquor as possible into a cup. To the meat in the jar add a pint of water and as much bicarbonate of soda as will lie on a sixpence, and a table-spoonful of "Byno" Pancreatin. Place the jar in a saucepan with water and gently simmer over the fire for an hour, stirring frequently; finally, heat to the boiling point for ten minutes.

Strain off the liquor, and, when at a temperature that can be borne in the mouth, add the meat juice previously obtained. When reheating, do not raise the temperature above 150° F. (see the "Allenburys" Liquid Beef, p. 57).

Mutton Broth.

Take one pound of neck of mutton, without fat, and cut into small pieces; put it into a saucepan with one quart of water, then add a tea-spoonful or more of salt, and bring slowly to the boil. Skim well and add a dessert-spoonful of barley or sago. Then simmer gently for about three hours, again skim, and add a small quantity of finely chopped parsley, if liked. If vegetables are allowed, add a small onion, half a small carrot and turnip, cut all up and cook in the broth.

Chicken Broth.

Cut half a chicken into small pieces and put it into a saucepan with one quart of cold water, simmer gently for about three hours, then season and strain. A small chopped onion will make it more savoury, or, if liked, an ounce of barley or tapioca may also be cooked with it.

Mutton Essence.

Place one pound of finely-shredded mutton into a jar with half-a-gill of water. Then cover and place the jar in a saucepan of boiling water, and simmer

gently for two hours. Strain and press all the liquid from the meat and add a little salt.

Beef Essence.

Mince and pound finely one pound of beef, place it in a jar with a little salt and cover tightly with a well-fitting lid; put the jar into a saucepan containing cold water and let it boil for three hours over a slow fire. Then strain, and season with a little salt and pepper.

Beef Juice.

Place half a pound of lean, juicy, beef steak on a griller over a clear fire, heat it through without browning, then cut it into strips, press out the juice with a lemon squeezer into a hot cup, add a little salt, and serve with toast or crackers.

Beef Tea Custard.

Whisk two eggs and pour upon them a tea-cupful and a half of beef tea, or two table-spoonfuls of the "Allenburys" Liquid Beef, and a quarter of a pint of milk or water. Mix well, and pour into a buttered jar or basin, and steam for a quarter of an hour. Chicken or veal broth can be used instead of beef tea.

Calves' or Sheep's Brains.

Blanch and skin the brains, tie them in a muslin bag, and plunge into boiling water. Boil for fifteen minutes. Remove from bag, add salt and pepper, and chopped parsley if liked; chop up and reheat with a little butter. Dish up in ramekin cases, very hot.

Calf's Foot Milk Jelly.

Break a calf's foot into small pieces and put it into a slow oven in a covered vessel with a pint of water and a pint of milk, for three or four hours. Strain and remove all the fat. Sweeten and flavour with sherry or brandy to taste. An ounce of liquid beef may be added when the jelly is at a temperature of 150° F., instead of sherry or brandy.

Chicken Panada.

Cut all the flesh off a chicken, removing the skin and fat, then pass the lean meat through a mincing machine. Steam for one hour. Remove the jar, and when the chicken has cooled somewhat, add a well-beaten egg and one or two table-spoonfuls of cream. Flavour with pepper and salt to taste.

Sweetbreads.

Take two or three sweetbreads and wash them, cover them with milk, and let them simmer for twenty minutes. Beat an egg and draw them through it, and roll in fine bread-crumbs; fry a nice light brown. Have ready a smooth paste of cornflour and add to the milk the sweetbreads were cooked in, boil till it thickens, and pour over the sweetbreads. A little mashed potato with it makes an excellently light meal for an invalid.

Fish Soufflé.

Take the flesh of a boiled whiting from the bone and pound well in a mortar. Melt half-an-ounce of butter in an enamelled pan and stir in one ounce of flour, add three ounces of milk, and cook till it leaves the sides of the pan quite clean. When cool, add an egg and the pounded fish and well beat. Season well and rub through a sieve. Stir in two table-spoonfuls of whipped cream. Steam in buttered moulds for about fifteen minutes.

Any other kind of fish may be used, or raw chicken or game, four ounces being the amount required.

Boiled Whiting and Sauce.

Put one whiting into a saucepan of hot water, with a tea-spoonful of vinegar and half a tea-spoonful of salt. Cook gently for about six minutes, but do not boil or it will break. Try with a skewer to see if cooked, and then drain and serve on a dish garnished with parsley. If the patient is allowed to have sauce, it can be prepared as follows: Melt one ounce of butter in a saucepan, stir half-an-ounce of flour in smoothly with a spoon, then add three ounces of milk and stir it until it boils. Season with pepper, salt, and lemon juice.

Steamed Sole.

Skin and trim the sole, then sprinkle over the fish a little salt and a few drops of lemon juice. Put into a steamer and steam for about ten minutes, until the flesh will come easily from the bone. Put the fish on a hot dish, strain over it some sauce, garnish with lemon and parsley, and serve hot.

Sweet Omelet.

Put the yolks of two eggs and one and a half ounces of castor sugar into

a basin and stir them together with a wooden spoon to a thick cream. Then stir in lightly a tea-spoonful of flour and the whites of the eggs whipped to a stiff froth. Flavour with vanilla and place in a buttered omelet pan, and bake in a quick oven for about ten minutes. Turn out, place some jam in the centre and fold over.

Wine Whey.

Add an ounce or two of sherry to half-a-pint of whole milk while boiling. The curd is well broken up and squeezed through muslin. Brandy may be substituted for the wine if desired.

To Peptonise Milk with the "Allenburys" Peptonising Powders

To one pint of cold milk add a quarter of a pint of water, a pinch of bicarbonate of soda and a measure of the powder. Mix well together and stand in a basin of hot water for twenty minutes. If the milk is not to be used at once it must be raised to the boiling point as soon as a faint bitterness is developed, to prevent the further digestive action of the ferments.



The "Allenburys" Infant Dietary

ALLEN & HANBURYS were the first to introduce a series of Foods adapted to the digestive powers of young infants, and suited to the altering and increasing requirements from birth upwards. The first two Foods possess that important similarity to the mother's milk of being practically identical in composition and free from micro-organisms.

The ever-increasing volume of evidence accruing as to the value of these Foods in the rearing of young infants, not only from parents, but also from members of the medical profession both at home and abroad, demonstrates their great value when infants have to be reared by hand from birth or from a very early age.

The
“Allenburys” Milk Food
No. 1.

*For use from Birth until the end of the
third month.*

This is put up as a powder, in hermetically sealed tins. It is practically a dessicated humanised milk, being prepared from fresh cow's milk, from which, after the proximate composition has been ascertained, the excess of casein is removed, and the deficiency in fat, soluble albumen and milk-sugar is corrected. The method of manufacture absolutely precludes all risk of contamination, and *boiled* water alone is required in preparing the food. If the directions given on each tin are followed, the child will be fed with the proper amount of humanised milk according to its age.

The “Allenburys” Milk Food No. 1 forms the best substitute for the mother's milk when this is wanting or deficient. It can be taken alternately with the breast without fear of upsetting the young infant. The constituents are in the same relative proportions, and it is as easy of assimilation as maternal milk.

The following and many other medical reports have been received advocating the use of this Food :

The British Medical Journal *writes:—*

“A trial of the Food has been made for us, and the results have been remarkably satisfactory. It appears to be readily taken by infants,

and to be easily digested. In marasmic children the general nutrition has been observed to improve. In certain instances, children who are unable to digest cow's milk assimilate this Food readily. Its composition is based upon correct scientific principles, and the preparation appears to be well worthy of extended trial, especially in hot weather and in warm climates. It is especially designed for the use of infants under three months of age. The Food seems to be thoroughly well manufactured."

Braithwaite's Retrospect of Medicine

writes:—

"An excellent substitute for human milk. In our hands it has proved of the greatest service."

In tins at 1/6 and 3/- each.

The

"Allenburys" Milk Food

No. 2.

*For use from the fourth until the end
of the sixth month.*

At the end of the third month it is usually advisable to supplement the simple milk food by a slight stimulus to the increasing digestive functions.

This Food consists of the No. 1 Food with the addition of maltose, soluble phosphates, and other products resulting from the mashing of crushed whole wheat with malt extract. There is, however, no undigested starch, which at this age cannot be assimilated.

It is a *complete* MILK FOOD, very palatable, and needing only the addition of boiled water to provide a suitable and pure nutriment absolutely free from all harmful germs. This Food keeps quite as well as the No. 1 Food, and is put up in a similar manner, as a powder, in hermetically sealed tins.

With regard to these two Foods the following remarks are noteworthy :—

In a detailed report from the **Lancet Laboratory** we read that :—

“The composition of the “Allenburys” No. 1 Food is evidently founded upon the average analysis of a number of samples of human milk, which it resembles, not only in regard to its behaviour with acids and rennet, but also in the proportion it contains of soluble albumens and fat. Both preparations were found to evince a digestive action upon starch, but insoluble starch itself was entirely absent. It is well known that malt diastase exerts a peculiar action upon casein which prevents its curdling. The addition of a judicious proportion of active malt to the Food is calculated, therefore, to obviate this as well as to ensure ease of digestion and assimilation. This plan, however, is adopted with cow’s milk when it is intended to represent human milk for infant feeding, but as has been pointed out, although the casein is thus rendered more digestible, the excess in which it occurs remains unchanged, while the dilution obviously augments the normal and serious deficiency of fat, albumen, and milk-sugar. Mere dilution of cow’s milk cannot, therefore, afford a perfect substitute for the milk of the mother. The satisfactory solution of the problem can only be attempted when the difference in the amount of constituents in cow’s and human milk are first taken into account, and then by adopting a process which it is calculated will remove these differences, or at any

rate, reduce them to insignificant proportions. Not only does it seem to us that this is exactly what Messrs. ALLEN & HANBURYS have succeeded in doing, but what makes the product still more valuable and convenient is that it is in the form of dry powder, and is sterilised. Not less satisfactory is the taste of these preparations, which is agreeably sweet and malty. We regard the introduction of both Foods as a progressive step in infant dietaries of considerable importance and value."

The Chemist and Druggist, writing on these two Foods, says:—

"When it is considered that half the children who die under one year old die through improper feeding—further, that medical men are beginning to see that deficiency of fat in food induces rickets and tuberculous complaints in children—the importance of these compounds requires no emphasis."

In tins at 1/6 and 3/- each.

The
"Allenburys" Malted Food
No. 3.

*For use from the fifth or sixth month
and upwards.*

This is a cooked Food, to be made *with milk*, and though intended primarily for the use of infants after the fifth or sixth month, has been found to be of great value as a light diet for invalids, convalescents, and the aged. The Food is very easily prepared, and may be made without either boiling or straining. It affords a highly concentrated and self-digesting nutriment, supplying all that is required for the

formation of firm flesh and bone, in a partially soluble and readily assimilable form.

This Food is prepared according to the principles laid down by the well-known chemist, BARON JUSTUS VON LIEBIG. By the proper action of malt on farinaceous substances, he showed that a perfectly digestible and easily assimilated Food could be prepared, suitable alike for infants and invalids.

NOTE.—It has been publicly stated that the use of malt *meal* in malted food is in accordance with BARON LIEBIG's direction. How far this is misleading, a reference to his own words will show. In his well-known work on this subject, while giving instructions for the preparation of a malted food suited for infants, he draws special attention to the danger of allowing malt *meal* to be present in any food administered to infants, and in doing so uses the following language:—

"Malt, finely powdered, produces food causing diarrhœa. This originates from the sharp-pointed shafts of the malt, which, in pounding, remain with the pounded malt, and affect the bowels of the child like fine needles."

In tins at 1/-, 2/-, 5/- and 10/- each.

The "Allenburys" DIET

*A Pancreatized Milk and Wheaten Food
for Invalids, Dyspeptics, Convalescents,
and the Aged, and under certain conditions
for Infants.*

The "Allenburys" Diet is a complete Food consisting of pancreatized milk and wheaten meal, the starch of which has been partially digested by diastase. This Food needs only the addition of boiling water to make it. It will,

however, thicken slightly more, and be more agreeable to some, if after mixing with water, it be brought gently to the boil.

The uses of such a complete and easily digested Food are very various, a few of which may be briefly indicated as a guide.

1.—Instead of the usual gruel after child-birth, the "Allenburys" Diet is particularly helpful in maintaining the strength and helping to establish the flow of milk. Being easily digested and absolutely assimilable, it is in this respect a good milk producer. Mothers can often digest this when ordinary milk is tolerated with difficulty. Taken by nursing mothers, whose supply of milk fails to fully nourish their infants, the "Allenburys" Diet has proved of much value both to the mother and child by increasing the supply.

2.—It has been found that young children needing the mixed dietary, yet from various causes unable to digest one or other, or perhaps both, of the constituents, will gain strength and digestive power by its employment. In children of six months and upwards where there is severe malnutrition and digestive disorder, this Food has been successfully assimilated, and it is not too much to say that in several instances it has, in all probability, been the means of saving children's lives.

3.—In acute disorders, where a milk diet is indicated, but where the presence of hard curd is undesirable, the "Allenburys" Diet is not only grateful and satisfying to the patient, but particularly nutritious and easily assimilated.

It will be found a welcome change from the ordinary arrowroot and farinaceous dietary, and overcomes the trouble and often failure of peptonising foods for the invalid.

This Food may be safely and advantageously given in typhoid fever; and is in many ways preferable to milk because of the absence of hard curd. In gastro-enteritis or gastritis the "Allenburys" Diet is invaluable.

4.—In old age, when the digestive powers are waning, the "Allenburys" Diet is particularly useful. It does not give rise to flatulence, and may be taken as a light diet on retiring to rest at night-time.

LASTLY.—As a useful food in ordinary circumstances the "Allenburys" Diet is to be commended, either after prolonged exertion, when the digestive faculties have not their full assimilating power, or to replace the posset, or cup of arrowroot, so often taken on going to bed.

If the Food is made in the ordinary way with boiling water, in the proportions mentioned on the label, the addition of "Café Vierge" will produce an excellent cup of coffee. Such preparations are portable and a boon to travellers.

Combined with a small quantity of Liquid Beef the "Allenburys" Diet presents a complete mixed diet so necessary for the growing infant and for convalescents.

For travellers by sea or land, particularly when accompanied by children, it should not

be forgotten that the "Allenburys" Diet is a complete food.

It is to be recommended in cases of acute sea-sickness, and as a compact form of food for all cases of emergency.

In tins at 1/6 and 3/- each.

The "Allenburys" MILK-COCOA

(PANCREATISED).

A combination of the "Allenburys" DIET and the finest Cocoa Powder.

The method of manufacture renders it more digestible than the ordinary cocoa. Its qualities as a fat-forming food are remarkable, and it is invaluable to the nursing mother in keeping up the proper proportion of fat in her milk.

The "Allenburys" BARLEY FLOUR

This Barley Flour, carefully ground and prepared from the finest English barley, is specially designed for the preparation of barley water, gruel, milk and farinaceous foods, and for thickening soups. It is free from all grit and deleterious matters, and only the finest barley in perfect condition is employed in the manufacture.

*For recipes for preparation of Barley Flour
see pages 32, 36, 37 and 38.*

The "Allenburys" LIQUID BEEF

**An Ideal Food for the Invalid
or Convalescent.**

It contains the soluble albuminoids, enzymes, extractives and salts of prime lean beef in a natural, unaltered and easily assimilable form. The "Allenburys" Liquid Beef is greatly superior in nutritive value to the strongest beef tea, and furnishes one of the best foods possible to obtain in most cases of illness or convalescence. It is especially serviceable in combating the wasting of phthisis and pneumonia, and may be taken freely, mixed with water or milk, and in fortifying soups, gravies, etc., care being taken that the Liquid Beef is only added to such when at a temperature that can easily be borne in the mouth.

As an Element of Fresh Diet in Infant Feeding.

The "Allenburys" Liquid Beef is of great value to growing and weakly children, and it may be given to infants after the age of five or six months, to furnish that element of fresh diet so essential to the vigorous growth and well-being of the child. The Liquid Beef may be given in quantities of twenty to thirty drops, once or twice a day, according to the age of the infant. It is best given in the milk or food when this is at the right temperature to be given to the child.

For the mother, the "Allenburys" Liquid Beef is a valuable restorative. During labour, half a tea-spoonful of it may be taken from time to time in a table-spoonful of water, particularly if the labour is prolonged and milk is not easily tolerated. After labour, for the first few days, the preparation may be used several times a day as an addition to the gruel diet.

In bottles at 2/6 each.

The "Allenburys" RENNET

For the production of Junket,
Curds and Whey, Custards, etc.

The "Allenburys" Rennet is especially adapted for the production of these partially digested forms of milk food. It is pure, keeps well, and has the advantage of being **Colourless, Odourless** and **Tasteless**, being preserved without admixture with salt.

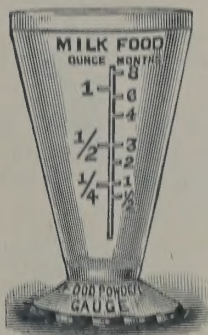
It is therefore particularly recommended for the preparation of many digestible and nourishing delicacies for invalids, which can be easily made without any special skill in cooking.

It affords, moreover, an extension of the dietary of children and invalids, providing not only the most nutritious but also most assimilable forms of milk food which can be produced at home.

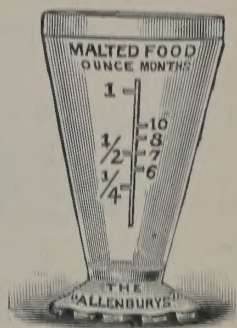
In bottles at 1/-, 1/9 and 3/- each.

The
"Allenburys" POWDER GAUGE

For Measuring the Dry Food.



Front.



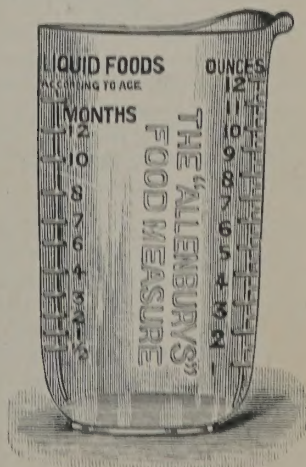
Back.

Price 9d.

The
"Allenburys" FOOD MEASURE

For Measuring
 Prepared
 Liquid Food.

Price 9d.



The "Allenburys" Powder Gauge and Food Measure.

These have been introduced to facilitate the correct mixing of the "Allenburys" Milk and Malted Foods.

The **Gauge** can be used to determine both the quantity of the food indicated by weight and also the amount that should be given according to the age of the child.

Take, for instance, the graduation under the heading "Milk Food." It will be seen that half-an-ounce of the Food in powder is the quantity required for a child three months old, and that a child of six months takes rather under one ounce. With the aid of this Powder Gauge and the Food Measure the correct quantity of both powder and prepared liquid food for infants of various ages can be easily and quickly determined.

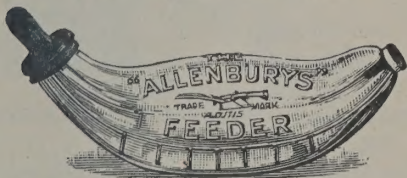
It will be seen that the Food **Measure** is graduated both in fluid ounces and in the quantities to be given at the various ages. Thus, at the age of two months, two-and-a-half ounces of fluid is the quantity to be given, and at six months, five ounces.

Example.—When it is desired to feed a child of three months, all that is necessary is to measure the quantity of the Milk Food Powder up to figure 3 under the heading "Months" on the side of the **Gauge** graduated for Milk Food. Transfer this to the Food **Measure**, and add sufficient hot water to come up to the marking 3 under the heading "Months" on this measure. The right quantity, both of dry and liquid food, is thus determined.

The "Allenburys" FEEDER

(PATENT)

The Simplest and Best.



"We know of no better feeder . . . so simple, so easy to keep in order."—

The Practitioner.

"Without the manifold defects of the old-fashioned tube feeder. It is most easily cleansed."—*British Medical Journal.*

ADVANTAGES.

- 1.—The bottle is graduated to facilitate the giving of the right quantity of milk or food.
- 2.—It has no corners, and so can be thoroughly and easily cleansed by flushing under the tap.
- 3.—No tube to breed germs, but only a pure rubber nipple which can be turned inside out for cleaning.
- 4.—An effective valve, regulating the flow of air behind the column of milk, hence the child is not troubled with wind-colic, due to swallowing air, as in ordinary feeders.

In box complete, 1/3 each.

The ———
“Allenburys”
TEAT (PATENT)



These Teats are perforated
in four different ways :

**One Hole, for use with the “Allenburys”
Milk Food, or Milk.**

This kind is supplied with each Feeder.

**One Leechbite, for use with Milk and
thin Food.**

**Three Leechbites, for use with Food of
medium thickness.**

**Five Leechbites, for use with thickest
Food.**

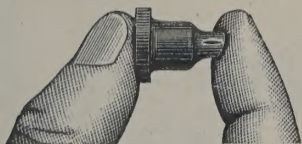
To preserve and keep these pure rubber teats sweet and clean, they should be washed in clean water both inside and out immediately after use. This may be done by rubbing the teat between the finger and thumb or by turning it inside out, taking care to re-turn the teat as soon as clean. On no account must the teats be left long in contact with the milk, for the fat acts on the pure rubber, the teat loses its resiliency and becomes worn out much sooner. The teats are best kept in cold water to which a pinch of bicarbonate of soda has been added. This applies especially in hot climates.

The Teat should be wetted before being put on to the bottle, as this lessens the danger of tearing the rubber.

Price 4d. each.

The "Allenburys" VALVE

(PATENT)

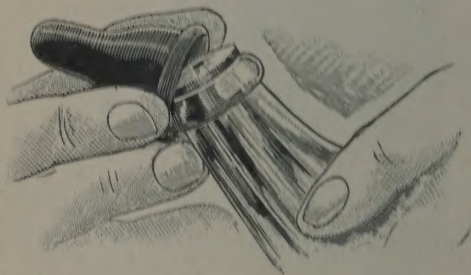


This Valve has been specially designed for regulating the supply of air entering the "Allenburys" Feeder, and so ensuring a uniform flow of milk for the infant. The use of the "Allenburys" Valve obviates the frequent sucking in of the nipple, and prevents the swallowing of air, which causes wind and colic. The Valve must be kept clean in the same manner as the "Allenburys" Teat (see p. 62). Before inserting in the bottle, it should be seen that the slit in the side of the Valve is open, as shown in the sketch.

Price 3d. each.

The "Allenburys" FOOD REGULATOR

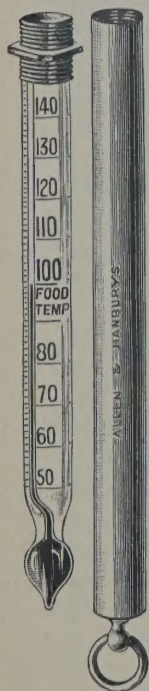
(PATENT)



The "Allenburys" Food Regulator, consists of a round glass disc having a small hole in the centre. It is placed, as shown in the figure, on the top of the neck of the bottle, and the teat is then stretched over in the ordinary manner. By using the "Allenburys" Food Regulator the flow of milk is controlled, and the child is not choked by getting too much food at a time, whilst a worn teat can be used much longer. It is impossible to prevent the holes in the indiarubber teat becoming larger by use, but when the regulator is employed this is not of so much importance.

Price **2d.** each.

The "Allenburys" Thermometer



A thermometer which shall be available for all purposes is a desideratum in the nursery, for it is advisable that the temperature of

- (i) The Nursery
- (ii) The Infant's Bath
- (iii) The Infant's Food

should be accurately determined and maintained.

Messrs. ALLEN & HANBURYS have introduced an accurate, cheap, and portable thermometer, in a nickel case, which will fulfil all these requirements.

Price 1/- each.

The "Allenburys" CARMINATIVE

A gentle magnesia laxative and antacid. It is a totally different preparation to the ordinary magnesia, and does not cause flatulence or an ebullition of gas. It is indicated for **infants** who suffer from wind-colic and a tendency to constipation. In very small doses, such as half a tea-spoonful, it corrects acidity and prevents wind. In larger doses it acts further as a gentle aperient.

It may be taken by the **mother** in doses of two or three tea-spoonfuls, as a corrective, and in increased doses of one or two table-spoonfuls, before breakfast, as a mild laxative.

In bottles at 1/- each.

The "Allenburys" CASTOR OIL

Odourless. Tasteless.

By improved methods of manufacture, ALLEN & HANBURYS have produced a pure oil, entirely free from odour and nauseous taste, yet of full and unaltered activity.

It is a safe and certain aperient both for mothers and children.

The British Medical Journal *writes*:

"Although absolutely pure Castor Oil, it is so prepared as to be entirely devoid of smell, and to have none of the disagreeable flavour which characterises the ordinary varieties of this oil. It possesses full aperient properties."

The Chemist and Druggist *writes*:

"By producing a tasteless and odourless Castor Oil, Messrs. ALLEN & HANBURYS may be congratulated on having achieved a really notable triumph. Their product certainly has no trace of odour, and it is as free from taste as pure olive or almond oil."

Sold in capsuled bottles at 6d.,
1/- and 1/9 each.

“BYNIN,” Liquid Malt.

(Registered Trade Mark).

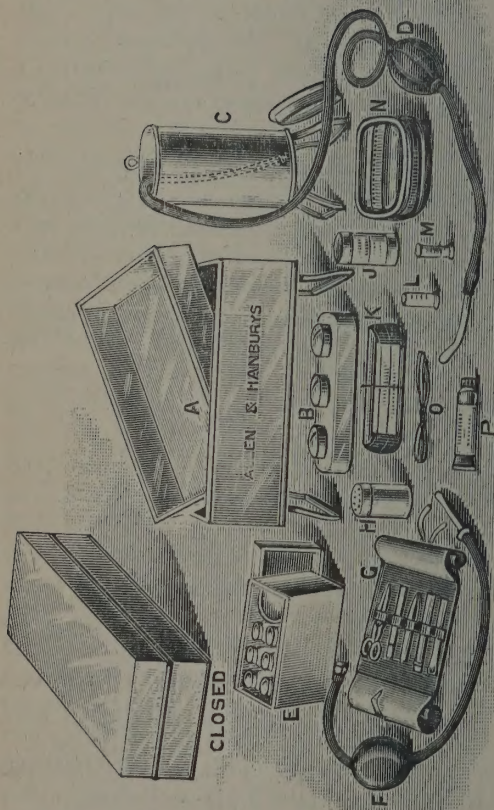
“Bynin” is a liquid Malt Extract containing the same amount per ounce of the active malt ferment (diastase) as the ordinary viscid, unpalatable preparations. The important uses and advantages of “Bynin” to the nursing mother and child are briefly:

As an *aid to digestion* and as a nutritive agent it is of the first importance. Mixed with milk, it is an adjuvant to its complete digestion, and prevents the aggregation of the *casein* in large clots. As a boon to nursing mothers it cannot be too highly estimated; if taken in the place of stout or porter it gives the best results, the flow of milk being increased and its quality enriched, whilst at the same time it is more easily digested by the child.

“Bynin” is also of great value during the early part of the lying-in period, in that it aids the mother to digest the first solid food and successfully counteracts the flatulency and wind often so difficult to combat at this stage of convalescence.

Under the continued use of “Bynin” it is found that meals are more easily digested and that a relish for food returns. Hence, emaciation is checked and the general bodily system is strengthened, for, in addition to its digestive action on farinaceous foods, “Bynin” itself is rich in *carbo-hydrates*, *albuminoids*, and *soluble phosphates*.

Sold only in bottles with cartons at
1/9 and 3/- each.



5969—ALLEN & HANBURY'S MIDWIVES' CASE.

Allen & Hanburys'

Midwives' Case.

Allen & Hanburys' Midwives' Case has been put forward to comply with the regulations of the Central Midwives' Board. It consists of a Steriliser and appliances required for Accouchement Cases. All necessary articles can easily be sterilised and rendered aseptic.

The Midwives' Case measures 14½ in. long, 6½ in. broad, 4½ in. deep.

It contains the following articles, any of which can be had separately:—

	£	s.	d.
Steriliser (A). Forms the outer case	0	4	6
Khaki Cover for same (washable) ...	0	2	0
Rotunda Douche (D)	0	5	0
Enema (F) with glass rectum tube ...	0	1	6
1 yd. carton Plain Sterilised Gauze (J)	0	0	3
6 yd. packet Iodoform Gauze (K) ...	0	1	6
Nail Brush and Soap, in nickel case (N)	0	3	0
Spirit Lamp with three burners (B)...	0	4	6
Powder Dredger (H)	0	0	2
Dusting Powder ... per box	0	0	9
Biniodide Vaseline, in collapsible tube (P) per tube	0	0	3
2 hanks Thread (O), at 1d.	0	0	2
¼ lb. Absorbent Cotton Wool	0	0	4
Douche Can, to hang or stand, to hold one quart (C)	0	2	6
Tin Box (E) containing—	0	1	6
Four 1 oz. corked Bottles	0	0	8
Chalk's Eye Drop Bottle	0	1	0
1 bottle Sublimate Tablets	0	0	9
Minim Measure (L)	0	0	3
Medicine Measure	0	0	2
Glass Reel (M)	0	0	4

	£	s.	d.
Waterproof Pouch (G) containing—	0	1	0
Scissors for Umbilical Cord, Frænum, etc.	0	1	0
Spring Dressing Forceps	0	1	0
Clinical Thermometer	0	1	0
Bath Thermometer in metal case	0	0	10
1 Straight and 1 Curved Glass Vaginal Pipe	0	0	8
1 Glass Female Catheter	0	0	4
Straps and Handle for carrying ...	0	1	0
	<u>£1</u>	<u>17</u>	<u>11</u>

PRICE OF THE MIDWIVES' CASE COMPLETE,
£1 17s. 6d.

The following superior quality fittings for the Midwives' Case can be supplied if desired:—

Sterilisable Enema, with glass vaginal and rectal pipes, and glass valves	£	s.	d.
	0	3	0
Improved Wickless Spirit Lamp with three burners, nickel plated ...	0	8	6
Scissors, probe pointed, best quality	0	2	6
Spring Dressing Forceps, with aseptic fluted handles, nickel plated ...	0	2	3
Clinical Thermometer, half minute...	0	1	9

5969A—The Midwives' Case, with superior quality fittings as above, in place of the corresponding items in the cheaper set, complete
£2 6s. 0d.

Any article can be supplied separately.

Practical Notes by a Practical Midwife ON A Midwife's Equipment.

Three factors go to a satisfactory bag or case for a practising midwife. Firstly, it must be possible to easily sterilise the bag and its entire contents. Secondly, such an outfit must contain everything required for a normal labour, and

also what might be required in an emergency ; at the same time it must not be too cumbersome and too heavy to be carried in the hand, or strapped on a bicycle. Thirdly, it must not be too expensive, either in the first instance or in the upkeep.

A new case just brought out by Messrs. ALLEN & HANBURY, to meet the requirements of the Rules of the Central Midwives' Board, seems very completely to meet the above needs. It has been submitted to some distinguished obstetricians and to several practical midwives, and has been approved by them, and the Editor of *Nursing Notes* thinks its readers, especially those in country districts, will like to have a detailed description of it from the midwife's point of view.

The equipment consists of a metal case $14\frac{1}{2}$ inches long, $6\frac{1}{2}$ inches wide, and $4\frac{1}{2}$ inches deep, enclosed in a khaki canvas case ; by this it will be seen that it is perhaps a little longer than the ordinary district nurse's bag ; it is not more cumbersome except, perhaps, for its corners.

With regard to disinfection, everything can be boiled (including the outside canvas case and its handle). The box and its lid form a shallow tray and a deep steriliser ; this latter has folding legs, so that a lamp can be put under it and everything sterilised. It can also be used as a basin for soaking the hands in, and on an emergency the baby has often had to be washed in a much less convenient receptacle ; the lid makes an excellent tray in which to place instruments or dressings till wanted. This part of the outfit only costs 4/6, and whether the contents are bought as well or not, midwives are confidently recommended to get this part. A lamp with three burners is provided, but many will prefer to provide their own or sterilise over a gas ring. A quart of cold water boils over this lamp in less than five minutes. Midwives who work in the homes

of the poor will readily grasp the advantage of having two clean receivers of one's own in which to put one's requirements and soak one's hands and arms.

The douche can, which fits into the case, is a most useful addition; it holds a quart and can hang or stand, and it has legs to raise it, so it can also be used as a steriliser. It will be found most useful in preparing solutions.

Should a douche be required this can has a loop to hang it up by, and the Rotunda douche apparatus is supplied to use with it. This packs inside the can, and there is also room to pack six yards of iodoform gauze, and to hold a waterproof pouch, which contains a pair of probe-pointed scissors, forceps, clinical thermometer, a straight and a curved vaginal nozzle and a glass catheter, and a bath and douche thermometer.

A compact little tin box with divisions fits into the case; it contains four one-ounce corked bottles for brandy, ergot, sal volatile, opium, or whatever is considered necessary; an eye drop bottle, and medicine and minim measure, a bottle of sublimate tablets, a powder dredger, and a glass reel to wind thread on for tying the cord, and a yard of plain gauze for dressing it. There is also a tiny collapsible tube of vaseline and biniodide of mercury. The above items, the douche can and its contents, the lamp and the tin box, all pack neatly into the case, leaving room for an enema with glass rectum tube, and a soap box with separate division for the nail brush; there is also room for a small amount of cotton wool, a couple of hand towels, and the pins, needles, cotton and thimble that no midwife can be without.

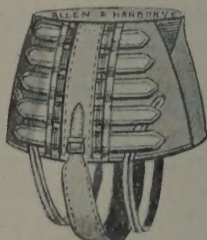
There is a pocket in the cover for the midwife's manual, and her book of forms for sending for the doctor.

I think the readers of *Nursing Notes* will consider that a most admirable midwife's case has been described.



- | No. | | s. | d. |
|-------|---|----|----|
| 7720— | Child's Umbilical Belt, all india-rubber, perforated band with soft inflated pad, to draw on | 2 | 8 |
| 7719— | Ditto, to lace | 3 | 6 |

Measurements required : Circumference at Umbilicus.



- | | | | |
|-------|---|----|---|
| 7684— | *Obstetric Binder, Nurse Ellen's improved, in fine holland, made to buckle | 10 | 6 |
|-------|---|----|---|

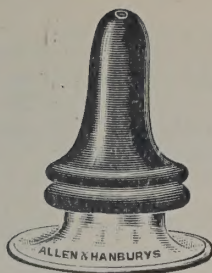
This Binder is made to allow for expansion during respiration ; it is also provided with extra understraps to keep the belt from working up.

- | | | | |
|-------|---|---|---|
| 7685— | *Obstetric Binder, A. & H.'s, with hooks | 5 | 6 |
| 7686— | *Ditto, with buckles | 6 | 6 |
| 7688— | Obstetric Binder, plain twill | 1 | 6 |

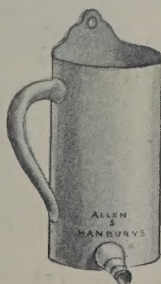
*Measurement required : Circumference at Waist only.



- | | | | |
|--------|---|---|---|
| 8156— | Breast Reliever, with 2 oz. india-rubber ball and glass receiver | 2 | 6 |
| 8156A— | Ditto, with 4 oz. ball | 3 | 6 |



No.		s.	d.
8163A	Nipple Shield, glass, with the "Allenburys" Teat ... each	0	6
8163	Nipple Shield, glass, with ordinary Teat each	0	5
8240	Nipple Shield, best black india-rubber per pair	1	0



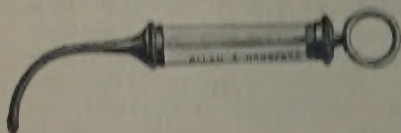
9282/9287	Vaginal Douche and Enema, white porcelain reservoir with handle at side and hole for hanging, with 6 feet best stout india-rubber tubing, vulcanite stopcock, glass vaginal pipe, and glass rectal pipe complete, 2 pints	8	6
9283/9287	Ditto, ditto ... 4 pints	9	6
9284/9287	Ditto, as above, but without side handle ... 2½ pints	7	3

No.		s.	d.
9302	Vaginal Douche and Enema, strong japanned tin reservoir, with 6 feet best stout indiarubber tubing, vulcanite stopcock, soft elastic gum vaginal pipe, vulcanite rectal pipe ... complete, 2 pints	6	6
9303	Ditto, ditto ... 4 pints	7	6
9313	Vaginal Douche and Enema, cheap quality, bronzed tin reservoir, 5 feet tubing, vulcanite stopcock and vulcanite vaginal and rectal pipes, complete, 2 pints	2	9
9314	Ditto, ditto ... 3 pints	3	3

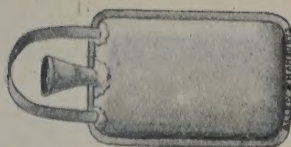


9349—Enema Syringes, for children, indiarubber ball, with bone pipe	1 oz.	1½ oz.	2 oz.	3 oz.
each	1/-	1/2	1/5	1/10

9346—Enema Syringes, bottle shape, best quality indiarubber, with bone rectum pipe	1 oz.	2 oz.	3 oz.	4 oz.	6 oz.	8 oz.
each	1/3	1/9	2/3	2/6	2/10	3/6



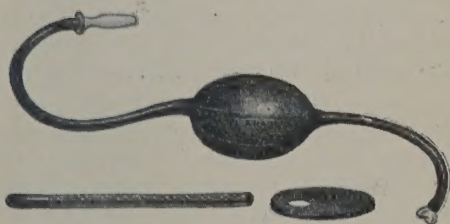
9361	Glycerine Enema Syringes, best quality, vulcanite, glass barrel	1 dr.	2 dr.	½ oz.	1 oz.
	each	11d.	1/-	1/2	2/9



No.
9046—Hot Water Bottles, best quality
indiarubber

size	8×6	10×8	12×8	12×10	14×8	14×10
each	3/6	4/6	5/3	6/9	6/6	7/3

Covers extra.



9343—Enema Syringe, black rubber, moulded, with bone rectum pipe and elastic gum vaginal pipe complete	s. d
9334—Enema Syringe, sterilisable, red rubber, seamless, with fittings as Fig. 9343	2 6
9334A—Enema Syringe, sterilisable, red rubber, seamless, with glass rectal and vaginal pipes, and glass valves	2 11
	3 0

WEIGHING MACHINES FOR INFANTS

PRICES QUOTED ON APPLICATION.

*A Special List of Maternity Nursing Requisites
will be sent post free to any address, on request.*

NOTE—The prices quoted on pages 69 to 77 (Accouchement
Sets excepted), are for goods supplied to members of the
nursing and medical professions only. Articles charged
to patients will be invoiced at the retail prices in ALLEN
AND HANBURYS' list of Maternity Nursing Requisites.

Postal Information

INLAND.

LETTERS.—The rates for letters are as follows:

4 oz. .. 1d.	10 oz. .. 2½d.	16 oz. .. 4d.
6 „ .. 1½d.	12 „ .. 3d.	18 „ .. 4½d.
8 „ .. 2d.	14 „ .. 3½d.	20 „ .. 5d.

and so on for greater weights at ½d. extra for every additional 2 oz. No letter may exceed 24 in. long, 12 in. wide, or 12 in. deep. Letters posted unpaid are charged double postage on delivery; those insufficiently paid, double the deficiency.

SINGLE LETTERS BY RAILWAY.—Single letters not exceeding 4 oz. in weight can be sent by railway. The postage must be paid by stamps and a fee of 2d. must be paid to the railway servant receiving such letter. Such letters *must* be taken to a passenger station, and will be sent to destination by first available train. They may be addressed to the parcel office at the station of destination, “to be called for,” or if so desired will be sent by special messenger, or posted in the nearest post office for delivery by ordinary post.

EXPRESS DELIVERY.—Letters and parcels are accepted at most of the principal offices for express delivery, at an extra charge of 3d. for every mile or part, which includes cost of public conveyance (omnibus, tramcar or railway). The packet must be handed over the counter at the post office, with postage and fee

affixed in stamps to a form provided, and "Express" must be boldly written at top left corner.

NEWSPAPERS.—The rate for newspapers, unregistered, is $\frac{1}{2}$ d. for every 2 oz. No packet may be above 5 lb. in weight, 24 in. long, 12 in. wide, or 12 in. deep. For registered newspapers the rate is $\frac{1}{2}$ d. each, irrespective of weight; these must be so folded that the title may easily be read, and must be posted either without a cover, or in one open, so as to admit of easy removal for examination. Nothing of the nature of a letter may be written on the newspaper or its cover, except a reference to any part of such paper and a request for return in case of non-delivery.

HALFPENNY POST.—For 2 oz. packets, containing printed or written matter not of the nature of a letter; on paper or other substance in ordinary use for printing; books or literary publications, sketches, drawings, paintings, maps, plans, etc., invoices, advice notes, bills of lading, and similar commercial and legal documents, provided that nothing is written on them of the nature of a letter, or other than entries proper to such documents; proofs or manuscripts for press, and examination papers under similar conditions, and circulars or printed notices. The circular may be altered in writing, and in the case of notices of meeting, the place, hour, date, and objects may also be inserted. Limit of size 24 in. long, 12 in. wide or deep.

STAMPS are issued at the following values: $\frac{1}{2}$ d., 1d., $1\frac{1}{2}$ d., 2d., $2\frac{1}{2}$ d., 3d., 4d., 5d., 6d., 9d., 10d., 1s., 2s., 6d., 5s., 10s., and 20s. Books containing 18 at 1d. and 11 at $\frac{1}{2}$ d. are issued at 2s. each.

EMBOSSSED ENVELOPES.—Halfpenny stamps: Commercial, $5\frac{5}{16} \times 3\frac{1}{8}$, 1 for $\frac{3}{4}$ d., 6 for $3\frac{1}{2}$ d.; Foolscap, $8\frac{3}{4} \times 3\frac{7}{8}$, 1 for $\frac{3}{4}$ d., 6 for $3\frac{3}{4}$ d. Penny

stamps: A, $4\frac{3}{4} \times 3\frac{1}{8}$, 1 for $1\frac{1}{4}$ d., 5 for $5\frac{1}{2}$ d.; Commercial, $5\frac{5}{8} \times 3\frac{1}{8}$, 1 for $1\frac{1}{4}$ d., 4 for $4\frac{1}{4}$ d.; Foolscap, 9×4 , 1 for $1\frac{1}{4}$ d., 4 for $4\frac{1}{2}$ d., 16 for rs. 6d.

NEWSPAPER WRAPPERS.—Halfpenny stamp, $\frac{3}{4}$ d. each, 7 for 4d., or 5s. $8\frac{1}{2}$ d. for 120; penny stamp, $1\frac{1}{4}$ d. each, 8 for $8\frac{1}{2}$ d., or 3s. $6\frac{1}{2}$ d. for 40. Sheets of halfpenny wrappers may be obtained at two days' notice in packets of 120 sheets of 14 wrappers each at £3 18s.

REGISTRATION AND INSURANCE.—The fee for registering an inland packet of any kind is 2d. over and above the ordinary postal rate, and in event of loss or damage this covers compensation up to £5. The packet *must* be enclosed in a strong cover, securely fastened, and marked "Registered"; if containing coin, it *must* (to gain the benefit of the post office guarantee) be enclosed in a *special registered letter envelope*, sold at all post offices at the following rates: F, $5\frac{1}{4} \times 3\frac{1}{4}$, $3\frac{1}{4}$ d. each, or 3s. 3d. per doz.; G, $6 \times 3\frac{3}{4}$, $3\frac{1}{2}$ d. each, or 3s. 4d. per doz.; H, 8×5 , or H², 9×4 , $3\frac{3}{4}$ d. each, or 3s. 9d. per doz.; K, $11\frac{1}{2} \times 6$, 4d. each, or 4s. per doz. A registered packet *must* be given to a post office official, and a receipt obtained for it, and if, contrary to this rule, a packet marked "Registered" is dropped into a letter box, it becomes liable to a fee of 4d. on delivery. Letters containing coin, jewellery, or watches, if posted without registration, are liable to a similar fee on delivery. The latest time for posting is usually half-an-hour before the box closes for the mail, but at all provincial head offices, and the chief offices in Edinburgh and Dublin, packets bearing a late fee of 4d. plus registration fee, may be registered till the box closes.

POST CARDS.—Two kinds are sold at the following rates: Stout cards ($4\frac{1}{2} \times 3\frac{1}{2}$ in.), thin cards ($5\frac{1}{2} \times 3\frac{1}{2}$ in.), $\frac{3}{4}$ d. each, 6d. for 11.

Reply post cards are issued at double these rates ($1\frac{1}{4}$ d. each). The official post cards, or private cards embossed with $\frac{1}{2}$ d. stamp by Office of Inland Revenue, may be used for correspondence throughout the United Kingdom, and private cards bearing an adhesive $\frac{1}{2}$ d. stamp may also be used, providing they are composed of ordinary cardboard, and are of about the same size, not less than $4 \times 2\frac{3}{4}$ in. or more than $5\frac{1}{2} \times 3\frac{1}{2}$ in. Nothing may be attached except stamps for prepayment, a gummed label (not exceeding 2 in. long $\times$ $\frac{3}{4}$ in. wide) bearing the address, and photographs on very thin paper; nor may cards cut, folded, or altered to reduce the size below $4 \times 2\frac{3}{4}$ in.

LETTER CARDS.—Letter cards are sold at $1\frac{1}{4}$ d. each, 4 for $4\frac{1}{2}$ d., or 8 for 9d.

GLASS, liquids, semi-liquids, greases, and powders may only be sent by post if specially packed.

PARCELS for conveyance within the United Kingdom may be posted at the counter (not in the letter box) of any post office. The limit of length allowed is 3 ft. 6 in., and the maximum of length and girth is 6 ft., *i.e.*, a parcel 3 ft. 6 in. long may measure 2 ft. 6 in. in girth round the thickest part. The rates of postage, which must be prepaid, are as follows:

1 lb.	...	3d.	5 lb.	...	6d.	9 lb.	...	9d.
2 "	...	4d.	6 "	...	7d.	10 "	...	10d.
3 "	...	5d.	7 "	...	7d.	11 "	...	11d.
4 "	...	6d.	8 "	...	8d.			

11 lb. is the limit allowed.

PATTERNS AND SAMPLES.—There is now no separate rate for such articles, which are liable to letter rate of postage.

POST OFFICE SAVINGS BANKS.

Sums of one shilling, or of any number of complete shillings, are received at all money order offices on deposit, but no one may deposit more than £50 in one year, ending December 31st. Interest is allowed at the rate of £2 10s. per cent. per annum. Smaller sums may be saved by purchasing penny postage stamps and affixing them on a form supplied at any post office; twelve stamps so affixed will be received as a deposit of one shilling.

INVESTMENTS.—Depositors can invest sums in Government stock, and all dividends in respect of such stock will be credited to the deposit account in the same manner as interest. The commission charged for investments or sales is as follows: £25, 9d.; £50, 1s. 3d.; £75, 1s. 9d.; £100, 2s. 3d.

INSURANCES AND ANNUITIES.—The Postmaster General is empowered to insure the lives of persons between the ages of 14 and 65 for not less than £5 or more than £100, and to grant annuities of not more than £100 on the lives of persons of the age of 5 and upwards. A life in the 30th year may be insured for £100 by a single payment of £46 11s. 6d., or by an annual payment through life of £2 3s., or by an annual payment up to the age of 60 of £2 10s., or in quarterly, monthly, or fortnightly payments in proportion.

MONEY ORDERS.

Not exceeding £1	..	..	..	..	2d.
Exceeding £1 and not exceeding £3	..	..	£3	..	3d.
..	£3	..	..	£10	.. 4d.
..	£10	..	..	£20	.. 6d.
..	£20	..	..	£30	.. 8d.
..	£30	..	..	£40	.. 10d.

No single money order may be issued for a higher amount than £40.

Money may be transmitted by telegraph from any money order office in the United Kingdom which is a *despatching* office for telegrams, and may be paid at any money order office which is also an office for the *delivery* of telegrams. The charges are in addition to the ordinary rates for inland money orders, the cost of official telegram to office of payment, and a further fee of 2d. for each order.

POSTAL ORDERS.

Postal Orders are issued at all money order offices. The commission chargeable is: For orders up to 2s. 6d. inclusive, $\frac{1}{2}$ d.; from 3s. to 15s. inclusive, 1d.; from 15s. 6d. to 21s. inclusive, $1\frac{1}{2}$ d.

Postage stamps for odd pence not exceeding 5d. in value and three in number, may be affixed to the face of postal orders as value.

TELEGRAPHIC INFORMATION, INLAND.

The charge for telegrams throughout the United Kingdom is 6d. for the first 12 words and $\frac{1}{2}$ d. for every additional word, the names and addresses of sender and receiver being counted. Names of places consisting of more than one word will be charged for as one; London District initials will be counted as one word, and figures will be counted as five for a word. The cost of a reply not exceeding 48 words may be prepaid.

FOREIGN AND COLONIAL.

LETTERS.—The rate of postage on letters addressed to most British Possessions, to the United States, and to Egypt is 1d. for 1 oz.*;

*The exceptions are a few small groups of islands to which the rate is $2\frac{1}{2}$ d. for 1 oz.

to some minor colonies and to all other foreign countries the rate is $2\frac{1}{2}$ d. for 1 oz., and $1\frac{1}{2}$ d. for each additional oz. No letter may be more than 24 in. long and 12 in. wide or deep.

POST CARDS—Official and Private—may be sent to all countries at 1d. each, and Reply Post Cards at double this rate. Regulations same as inland.

FOREIGN POSTAL RATES.

For newspapers, books, commercial papers and samples to all places abroad :

Newspapers and Books			Commercial Papers.			Samples.		
oz.		d.	oz.		d.	oz.		d.
2	..	$0\frac{1}{2}$	10	..	$2\frac{1}{2}$	4	..	1
4	..	1	12	..	3	6	..	$1\frac{1}{2}$
6	..	$1\frac{1}{2}$	14	..	$3\frac{1}{2}$	8	..	2
8	..	2	16	..	4	10	..	$2\frac{1}{2}$
10	..	$2\frac{1}{2}$	18	..	$4\frac{1}{2}$	12	..	3

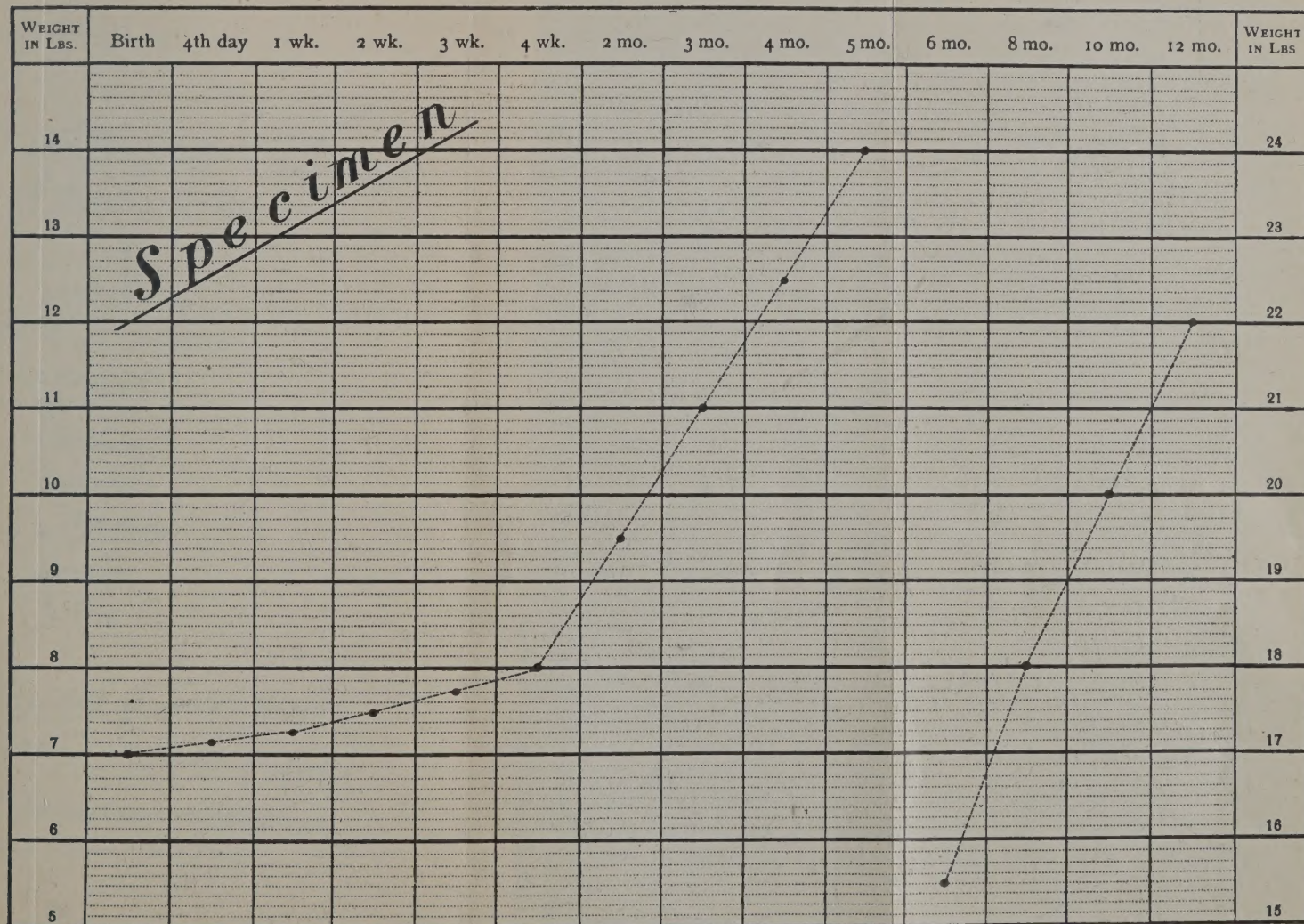


INFANT'S WEIGHT CHART.

Name

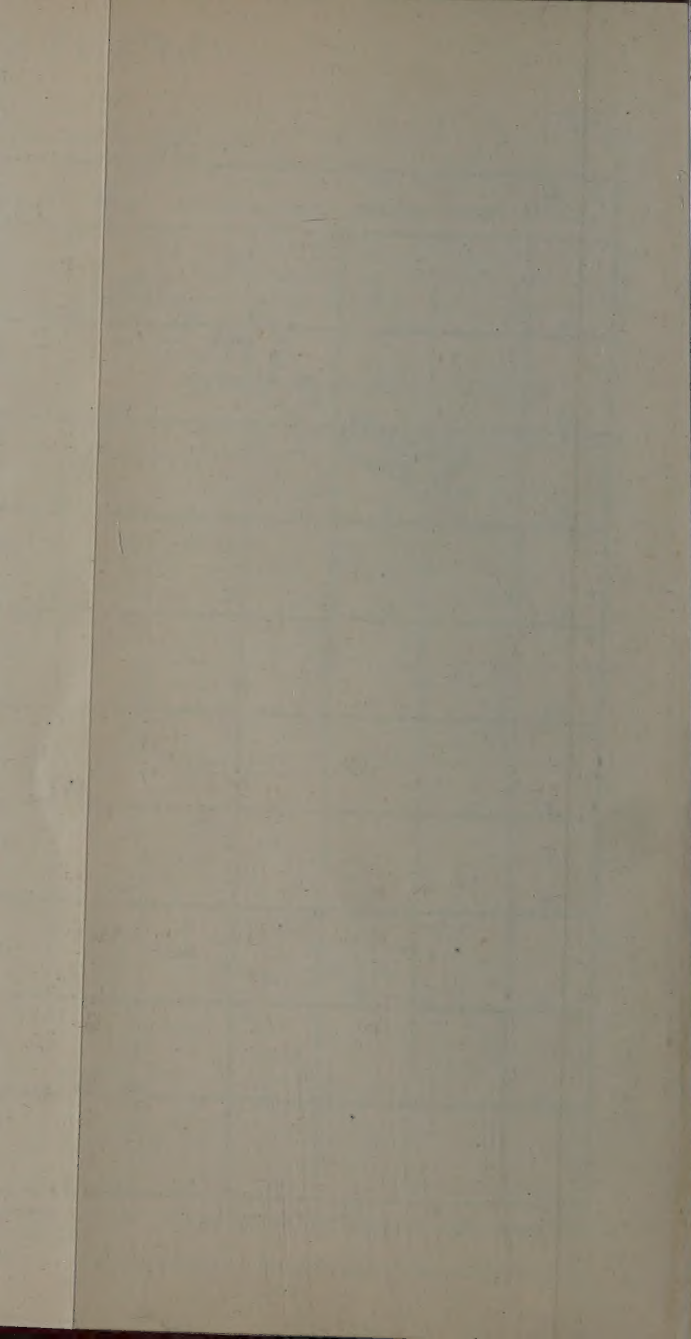
Date of Birth

Always weigh at the same time and in the same clothes, just after feeding.



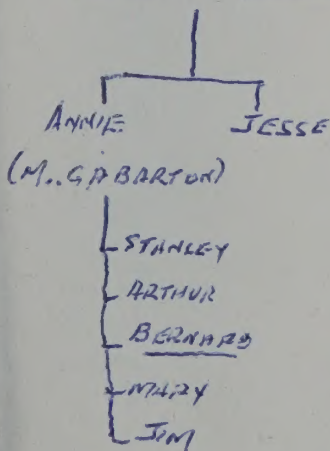
The black lines indicate the weight in lbs., and the dotted lines every 2 ozs. Light diagonal lines show the method of using the chart, and indicate the normal weight of an average child.

Copies of this Weight Chart, on cardboard, for hanging in the Nursery, will be sent free on request.



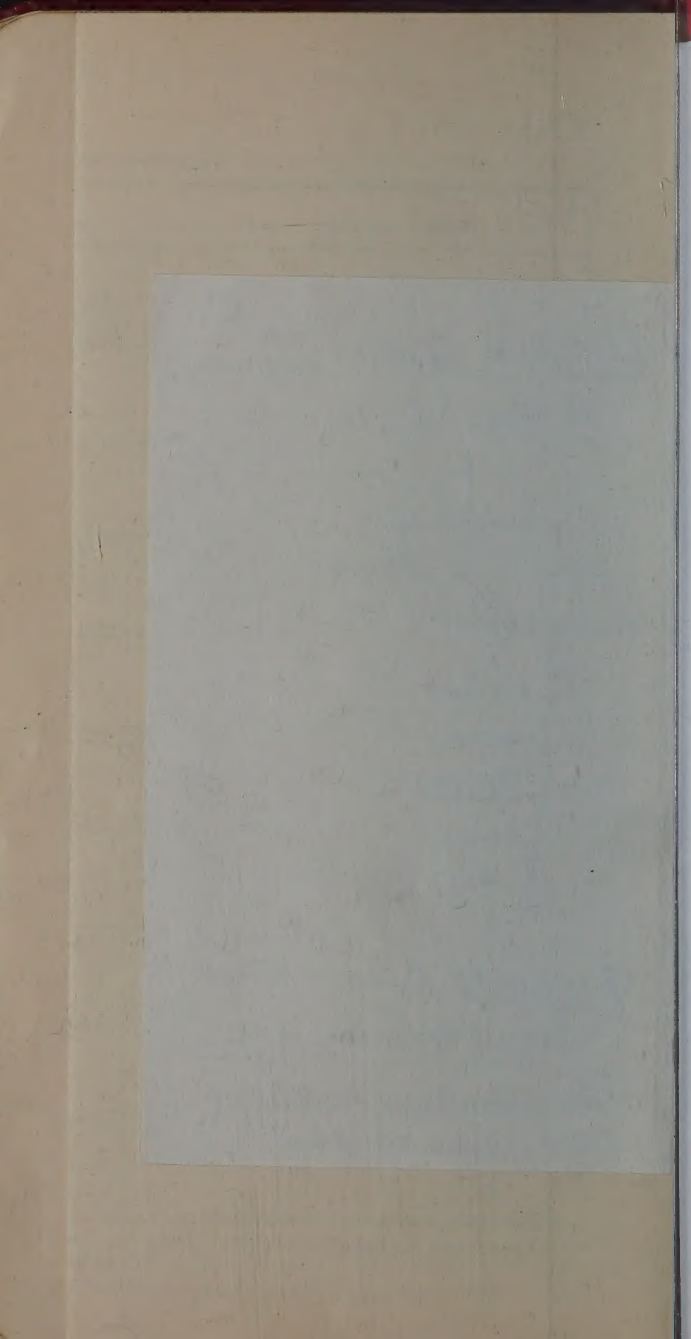
ELIZABETH GREEN (nee ^Ø GODFREY)

B 1845. D 1931.



Ø MIDWIFE FOR MANY YEARS
(STILL OPERATING IN 1926^s)

THIS HANDBOOK PROBABLY
DATES BACK TO 1900 !



ADDRESSES

ADDRESSES

ADDRESSES

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ENGAGEMENTS

No. of Case	NAME AND ADDRESS OF PATIENT	Expected Date and when Engaged to come

ENGAGEMENTS

ENGAGEMENTS

NAME AND ADDRESS OF DOCTOR	Date of Con- finement	Sex of Child	Weight at Birth

ENGAGEMENTS

ENGAGEMENTS

RECEIPTS

DATE	PARTICULARS	£	s.	d.

RECEIPTS

DATE	PARTICULARS	£	s.	d.

EXPENDITURE

RECEIPTS

DATE	PARTICULARS	£	s.	d.

RECEIPTS

DATE	PARTICULARS	£	s.	d.

EXPENDITURE

DATE	PARTICULARS	£	s.	d.

RECEIPTS

DATE	PARTICULARS	£	s.	d.

EXPENDITURE

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DATE	PARTICULARS	£	s.	d.

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